



MAHARISHI
Ayurveda 

Easy Elimination EVERYDAY

5 Simple Things
You can do



“I’ve been an **Ayurvedic** consultant for 23 years and constipation is one thing that afflicts people from all walks of life. The good thing is, it can be resolved using **Ayurvedic** herbals along with simple lifestyle adjustments.

Our **5 simple things you can do** will help you get back into a routine of regular, easy elimination”

Linda Sinden
Maharishi Ayurveda Consultant

Constipation is an uncomfortable condition that makes it difficult to have a regular bowel motion. Other signs are straining to pass a bowel motion, abdominal discomfort and for some a sensation that they are not emptying the bowel completely.

What's normal?

- Bowel motion 1-2 times a day
- Easy to pass without straining
- Motion is soft and bulky
- Colour is a healthy brown (not black tones, yellow tones or pale)
- Motion floats in the toilet bowl

What to do?

According to Ayurveda constipation is typically caused by an increase of dryness in the large intestine due to dehydration or due to liver and gall bladder congestion, or a combination of both these.

Typically the key to regular elimination is to stimulate and cleanse the liver and gall bladder, reduce dryness in the intestines and to gently jump-start the healthy movement of the intestines (called peristalsis).

Our five-step action plan explains how to take Organic Digest Tone along with the supportive lifestyle choices that support an easy bowel motion each day.

Now's a good time to start...

Your daily TIPS for Bowel Freedom

Checklist

1 Organic Digest Tone

Take 2 tablets of Organic Digest Tone before your evening meal and 2-4 tablets at bedtime.

2 First thing on rising

Aloe Cocktail and bowel training

Your first food of the day

Stewed or baked apples or pears along with 8 prunes

3 Be well hydrated through the day

Men: 3 litres of water up until 8PM

Women: 2.25 literes of water up until 8PM

4 Take a 20 minute walk each day

5 Helpful food choices



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Step **one**

Evening

Take 2 tablets of **Organic Digest Tone** before your evening meal and 2-4 tablets at bedtime.



Q; How is it that Organic Digest Tone creates regular digestion and regular elimination?

A: The primary herbs in Organic Digest Tone have been used for over three thousand years by physicians of Ayurveda and validated by millions of people since then. It consists predominantly of three traditional fruits: Amalaki (*Emblica officinalis*), Bibhitaki (*Terminalia belerica*) and Haritaki (*Terminalia chebula*). To these is added Cabbage Rose, which acts synergistically with the three fruits to promote maximum effect, while producing a cooling influence on the body.

Organic Digest Tone balances digestion, promotes regularity and helps cleanse the system of impurities. And it is safe to be taken long-term without causing dependency.

Step two

Morning



Aloe Cocktail

First thing in the morning on rising, take half a cup of aloe vera juice (room temperature is best - avoid chilled). This can be followed with a glass of room temperature water, or warm water

Bowel Training

After your drink sit on the toilet for 5-10 minutes, not minding if you have a bowel motion or not. Over time this habit alerts your body that this is the ideal time to pass a bowel motion.



Understanding the body's rhythms can be helpful when restoring healthy elimination.

As we eat during the day our body breaks down the food through a process of chewing and churning in the stomach known as digestion. As the sun goes down the process of digestion reduces and the process of assimilation begins.

.While you sleep, your body is busy metabolising the nourishment of the day and separating out the waste matter for elimination first thing in the morning. Therefore, first thing in the morning is the ideal time to have your main bowel motion for the day.

Your first food

For your first food of the day on rising (15-30 minutes after the aloe vera juice) stew or bake a fresh apple or pear along with 8 prunes. Taking these stewed fruit and prunes is an important part of restoring your normal bowel function. If you are hungry, you may need to take some cereal – 1-2 cups of hot, cooked wholegrain cereal, seasoned with cinnamon or cardamom.

Note: Wait for about 30 minutes after the stewed fruit and prunes if you are going to have breakfast



Baked or stewed apple or pear

Put the whole apple or pear in the oven and bake at 176 degrees Celsius for about 30 minutes or until soft. For best results, insert three whole cloves around the circumference of the apple or pear before baking. Remove from the oven and allow it to cool before eating.

Follow your apple or pear with eight prunes that have been soaked overnight.

To stew, simmer one sliced apple or pear in two cups of water with three whole cloves for about thirty minutes or until soft. Cooking the prunes with the apple or pears is also beneficial. Remove from heat and allow cooling before eating.



Step three

Be well hydrated

After the food you eat is processed in the small intestine, it travels to the large intestine, or colon. If you do not have enough water in your body (if you're dehydrated) the large intestine soaks up water from your food waste. This results in hard stools that are difficult to pass.

While drinking more liquids does not cure constipation, added fluids help keep the stool soft and easy to pass. To help re-establish a healthy pattern of fluid intake use the following technique



Women drink **0.75 litres** of water, up until lunch, another up until dinner and a third **0.75 litres** up until 8pm

Men drink **1 litre** of water, up until lunch, another up until dinner and a third **litre** up until 8pm.

Step **four**

Be sure to take a 20 minute walk each day



Simply getting up and moving can help constipation. A regular walking regimen can help the body and digestive system function optimally.

A good time is in the morning after your aloe vera juice and before your fruit and prunes and breakfast.

Moving the body by walking aids the peristalsis (downward movement) of the bowel supporting the bowel to move.

If you are already fit, you might opt for aerobic exercise: running, jogging, or swimming, for example. All these exercises can help keep the digestive tract healthy. Stretching may also help alleviate constipation. The yoga exercise **Suryanamaskar** (Sun Salutation) is excellent for this condition.



Step five

Helpful food choices

Take a look at the foods to favour, and those to avoid.

Favour the following

General	Taking sufficient quantity, unctuous (slightly oily), warm foods and drinks. Sweet sour and salty tastes
Grains	Wheat products, rice (whole rice is best), cooked oat flakes in small amounts
Beans	Yellow mung dahl (green skin removed)
Vegetables	White pumpkin, zucchini, artichokes, asparagus, tender egg-plant, carrot, beetroot, sweet potatoes with oil, tomato, cucumber, tender radish. Spinach in small amounts
Dairy	All dairy products. Cheese should be soft and fresh
Sweeteners	All sugar cane products. Honey in small amounts
Oils	All
Nuts, seeds	All except peanuts. Seeds in small amounts
Spices, condiments	Cumin, ginger, mustard seeds, fenugreek, hing (asafoetida), cinnamon, cardamom, cloves, anis, fennel, black pepper (small amounts), salt, lemon juice, tamarind. All others in small amounts
Fruits	Ripe, sweet and juicy fruits. Dried fruit is better soaked. Sweet grapes, pomegranate (sweet and sour), mango, papaya, sweet pineapple, banana, avocado, sweet and juicy apples and pears, sweet oranges, melons, plums, cherries, raisins, dates, prunes, figs, kiwifruit, peach, apricot

Step five

Avoid or reduce the following

General	Light and dry food. Cold food and cold drinks. Pungent, bitter and astringent tastes
Grains	Barley, millet, corn, buckwheat, rye, raw oats
Beans and dhal	All except yellow mung beans and red lentils
Vegetables	Green leafy vegetables, orange pumpkin and squash, peas, potato, sprouts, mature eggplant and radish, broccoli, cauliflower, cabbage, celery
Fruits	Unripe, dry, sour fruits, guava, cranberries, persimmon (dried), chicory

